

Roasted Side of Salmon with Shallot Cream

Makes: 6 Servings

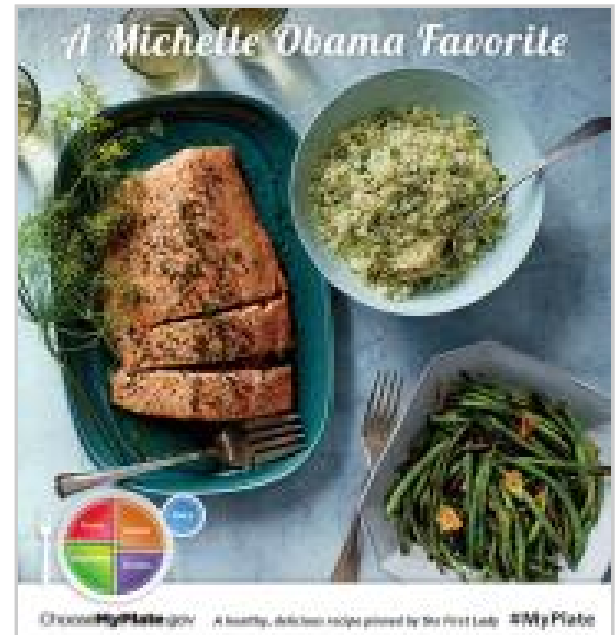
This dish is as simple as it gets, and yet it's very impressive for company. Shallots, dill, and lemon are classic flavorings for salmon. If you can't find crème fraîche, use sour cream.

Ingredients

- 1/4 cup** creme fraiche (or sour cream)
- 2 tablespoons** finely minced shallots
- 1 tablespoon** 2% reduced-fat milk
- 1 tablespoon** fresh dill (chopped)
- 1 1/2 teaspoons** fresh lemon juice
- 1 1/8 teaspoons** kosher salt, divided
- 3 pounds** boneless salmon fillet
- 1 tablespoon** olive oil
- 1/2 teaspoon** black pepper (freshly ground)
- 1 tablespoon** fresh chives (chopped)

Directions

1. Preheat oven to 450°.
2. Combine first 5 ingredients and 1/8 teaspoon salt in a small bowl, stirring with a whisk.
3. Place fish, skin side down, on a parchment-lined baking sheet. Rub fish with oil; sprinkle with remaining 1 teaspoon salt and pepper. Bake at 450° for 8 minutes. Remove from oven.
4. Preheat broiler to high.
5. Broil fish 4 minutes or until desired degrees of doneness. Sprinkle with chives. Cut fish crosswise into 6 equal portions, top evenly with shallot cream, and serve



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	347	
Total Fat	16	25%
Protein	47 g	
Carbohydrates	1 g	0%
Dietary Fiber	0 g	0%
Saturated Fat	4 g	20%
Sodium	535 mg	22%

MyPlate Food Groups

Protein Foods	6 ounces
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immediately.

A First Lady's Favorite from Cooking Light